

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703072

Course Name: 4-5 Intermediate Physical Education

Grade level: 4



Upon course completion students should be able to:

Standards

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 4.1.L1. Perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways and traveling in different directions.

Non – Locomotor

- 4.1.NL1. Apply non-locomotor skills in various activities, using a variety of body parts and shapes, at different levels, individually and with partners and equipment.

Body Management

- 4.1.BM1. Perform a variety of controlled transitions between balances with partners.
- 4.1.BM2. Transfer weight to different body parts at varying speeds, with and without equipment.

Manipulative Skills

- 4.1.MS1. Apply manipulative skills with a partner, using a variety of objects, while demonstrating appropriate performance cues.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 4.2.SP1. Combine spatial concepts with combination movements for small group activities in a variety of environments.

Speed, Direction and Force

- 4.2.SD1. Apply speed, endurance and force in activities and game-like situations.

Strategy

- 4.2.ST1. Apply basic offensive and defensive strategies and tactics in a variety of activities.

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Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 4.3.PA1. Identify factors that motivate daily participation in physical activity.

Physical Fitness Knowledge

- 4.3.PF1. Record physical activity minutes inside and outside of school to determine progress toward daily recommendation.
- 4.3.PF2. Identify physical activities that improve the components of health related fitness.

Nutrition

- 4.3.N1. Discuss the importance of hydration choices relative to physical activities.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 4.4.SW1. Encourage and accept all peers in a variety of physical activities.

Rules and Etiquette

- 4.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.

Safety

- 4.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 4.5.H1. Compare the health benefits of various physical activities.

Challenge

- 4.5.C1. Rate the enjoyment of participating in challenging and mastered physical activities.

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Self-Expression and Enjoyment

- 4.5.SE1. Rank the enjoyment of participating in various physical activities.

Social Interaction

- 4.5.SI1. Compare positive social interactions when engaged in a variety of physical activities.

Advocacy

- 4.5.A1. Examine personal beliefs that may encourage others to be physically active.